

# The Air Hill Breezes

## Ocotober 2018

Air Hill BIC Church  
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Office Hours Mon., 8 am - 1 pm  
Wed. - Fri. 8am - 1 pm

## Exercise

Every Monday, Wednesday, and Friday, I head to the basement after my daily quiet time with God. I do 3 sets of 10 arm curls with 25 pounds, and I also bench press 3 rounds of 7 lifts with 138 pounds. (My goal is to be able to lift my weight, but I don't have the strength, nor do I have the weights.) I also do some very brief stretching exercises. On Tuesdays and Thursdays, I have a different routine. That routine involves 20+ pushups, 100 sit ups, 20+ pushups, 25 body crunches, and 25-30 sit ups. Each day these exercises last only about 10-15 minutes. It is an effort to build up some strength in my weak body.



It is amazing what happens when I skip one or two days. I immediately notice that I cannot lift as well. I will struggle, especially with my last set of exercises. If I go away for a week and have not been able to lift, I struggle to lift the same amount of weights. I hear this happens with professional singers. If they skip a couple days of practice, they can immediately feel it in their vocal cords when they sing again.

I don't always want to do those exercises. In fact, if I waited until I felt like it, they would often never get done. I choose daily to do these exercises 95 out of 100 times.

These truths that I am talking about with the physical body also apply spiritually. When I first came to Air Hill, I told you that my goal was to be full of the Spirit and led by the Spirit and to be full of grace and truth. I also desire to be a man as described by the psalmist: "He will have no fear of bad news; his heart is steadfast, trusting in the Lord. His heart is secure, he will have no fear; in the end he will look in triumph on his foes" (Psalm 112:7-8). How am I going to get there? Spiritual exercises.

A spiritual exercise does not save you. Jesus Christ saves you. Through his work in his coming to earth, in his living his sinless life in this sinful world, in his death on the cross on behalf of us, in his resurrection from the dead, and in his ascension back to God, we are saved. We may have new life in him and connect with God. Jesus Christ saved us. Yet, as some people say, the opposite of grace (an undeserved gift) is earning, not effort. Jesus Christ did the work, but to be strong in one's faith in Jesus takes work, much work. It takes spiritual exercises.

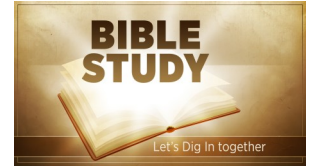
We see many spiritual exercises throughout Scripture, and Jesus himself practiced spiritual exercises. Jesus often withdrew from people to pray- to communicate with God. Thus, I challenge you and I to daily spend time with God through prayer. Also, spend time reading and meditating on the Scripture- the Bible. (Choose a version you can understand.) If you have never spent time daily with God through prayer and reading the Scripture, choose to begin with just a small time of about 10-15 minutes each day. Ask God to speak or reveal himself to you through that time before you begin each day. We may also grow strong through the spiritual exercise of meeting together with fellow followers of Jesus. This includes the mutual encouragement we receive from Sunday School, worship, Bible studies, or even impromptu meetings with other followers of Jesus. We grow stronger in our faith by also giving of our tithes (a tithe is ten percent of our income) to the place where we worship. The tithe expresses trust in God to provide for all our needs. Many other spiritual exercises exist, such as, fasting (not eating for a period), serving people in need, sharing your faith with a person who does not follow Jesus, living simply, and so forth. By offering our time and our relationships and our finances to God through spiritual exercises, we grow strong in our faith in Jesus. We cannot earn our salvation in Jesus. Yet, we can experience life to the full in Jesus and our faith may grow strong. She or he who does not exercise remains weak. Unlike the psalmist, when troubles come they live in fear and anxiety. Only through daily exercises can we build up our strength, and then we can withstand the tests of life. "Be strong in the Lord and in his mighty power" (Eph. 6:10).

(Pastor John)

# Wednesday Evening Activities

Many activities happen on Wednesday evening. We have preschool through 12th grade downstairs. Bible lessons, Games, Crafts and Snacks.

Upstairs we have an adult Bible study led by Pastor John. They are studying the gospel of Mark.



On Oct. 3rd from 6:30-7:30 pm, Patrolman Patrick Hinds and K9 Mattis will have a presentation and speak with the club children. We welcome you to join us.

On Oct. 31st at 6:30 pm we will have Trunk or Treat. Come on out and decorate your trunk and give treats to the children. (See Bre Grove for more details)

It's never too late to join the activities. Invite your friends, children and adults in your neighborhood. Don't miss out!



JOHNNY APPLESEED.  
from "A History of the Pioneer and Modern Times of Ashland County", by H. S. Knapp (1862).

## It's Apple Season!!!

John Chapman (September 26, 1774 – March 18, 1845), better known as Johnny Appleseed, was an American pioneer nurseryman who introduced apple trees to large parts of Pennsylvania, Ontario, Ohio, Indiana, and Illinois, as well as the northern counties of present-day West Virginia. He became an American legend while still alive, due to his kind, generous ways, his leadership in conservation, and the symbolic importance he attributed to apples.



## Church Board Highlights

- Deacon Fund Policy Draft was accepted.
- Motion to have a designated offering on Sept. 30th for the family of Mike Stine.
- Jason Wenger is exploring the possibility of a work trip
- Motion to transfer money from Maintenance Savings to pay for HVAC work done in the gym.

# Wednesday Night Fun!



Thank you to the youth group for showing God's love to the kids by serving them delicious walking tacos!

It has been a blessing to see how many children have come so far this year. It wouldn't be possible without all our volunteers helping in each class.

PreK Class- 9

K-1<sup>st</sup> grade- 14

2<sup>nd</sup>-5<sup>th</sup> boys- 9

2<sup>nd</sup>-5<sup>th</sup> Girls- 15



# Funfest

Funfest was held on September 8<sup>th</sup> this year and like most days this summer, it rained!

However, that didn't keep our friends, family and community away. We had approximately 110 adults (including helpers) and 98 children attend the event!

While most of us set up games and activities inside, some of our great volunteers braved the weather so the children could enjoy a petting zoo, water games, inflatables, launching bottle rockets and barrel train rides.

Everyone enjoyed walk-away tacos, popcorn and ice cream treats. The kiddos loaded up on prizes and candy, made a lovely fall craft and enjoyed a short bible lesson.

Thanks to all those that helped make a rainy Saturday into a fun 200+ attended

## FUNFEST!



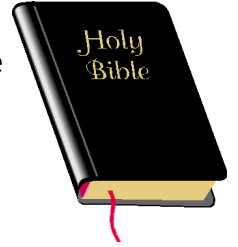
**I CAN SMELL  
AUTUMN DANCING  
IN THE BREEZE  
THE SWEET CHILL OF  
PUMPKIN  
AND CRISP  
SUN BURNT LEAVES**

# New Heights

Air Hill Church



If you really keep the royal law found in Scripture, "Love your neighbor as yourself," you are doing right.



- James 2:8

## New Heights Youth Group

We are back! Well, back to meeting on Wednesday evenings anyway. We started meeting on Wednesdays again on September 12, and it has been fun getting to catch up with everyone and study "Who was Jesus?" Make sure you join us Wednesdays from 6:30 to 8:00 pm for great friends, fun games and studying



## Trunk or Treat - Oct. 31

Join us and decorate your own car and pass out candy to the children, or bring your children, grandchildren, neighbors or anyone else for a fun evening and a safe, uplifting place to trick or treat. If you'd like to decorate your car let us know so we can plan accordingly. Looking forward to a fun evening that encourages all those in attendance.

## Upcoming Events:

- Oct. 31—Trunk or Treat
- Nov. 14—Roller Skating
- Nov. 24—Craft Show
- Dec. 19—Christmas Party



## Ways you can help:

- Donate a snack for Wednesday nights
- Donate Candy for Trunk or Treat
- Volunteer to help with the Craft Show



**AIR HILL STATEMENT OF PURPOSE**

“To grow a healthy, loving, Christ centered church family that has a passion for reaching the community and the world for Christ”

**2018**

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

	<b>1</b>	<b>2</b> <i>6 pm Prop. Mgt. 6:30 Men's Basketball</i>	<b>3</b> <i>6:30 K-9 Unit Presentation at Clubs</i>	<b>4</b>	<b>5</b> <i>2:15 Good News Club</i>	<b>6</b>
<b>7</b> <i>9 am S.S. 10 am Worship</i>	<b>8</b> <i>8:30 Ladies Sewing 7 pm Church Board</i>	<b>9</b> <i>8:30 Men's Breakfast 6:30 Men's Basketball 6:30 Ladies Prayer</i>	<b>10</b> <i>6:30 Clubs/ Youth</i>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b> <i>9 am S.S. 10 am Worship</i>	<b>15</b> <i>6:30 Personnel Committee</i>	<b>16</b> <i>6 pm Shepherd Core Team 6:30 Men's Basketball</i>	<b>17</b> <i>6:30 Clubs/ Youth</i>	<b>18</b>	<b>19</b> <i>2:15 Good News Club</i>	<b>20</b>
<b>21</b> <i>9 am S.S. 10 am Worship 6 pm Ladies Bible Study in Annex</i>	<b>22</b> <i>6:30 Ministry Board Meeting 7:30 Adult Ministry Meeting</i>	<b>23</b> <i>6:30 Men's Basketball 6:30 Ladies Prayer</i>	<b>24</b> <i>6:30 Clubs/ Youth</i>	<b>25</b>	<b>26</b> <i>2:15 Good News Club</i>	<b>27</b> <i>11-1 Gym in Use 4-9 Annex in Use</i>
<b>28</b> <i>9 am S.S. 10 am Worship 6:30 Praise/ Prayer Service</i>	<b>29</b>	<b>30</b> <i>6:30 Men's Basketball</i>	<b>31</b> <i>6:30 Clubs/ Youth Trunk or Treat</i>			